



## Time out for Parents-Teen Years



Eight sessions aimed at parents/carers of young people aged between 11-17 years wanting general advice and guidance, in supporting their young person's social, behavioural and emotional needs.

### Session Topics

- Session 1-Temperament and emotional needs
- Session 2 - Why is it tough being a teenager?
- Session 3- Parenting Styles
- Session 4 - Communication
- Session 5- Handling conflict
- Session 6- The big issues
- Session 7- Keeping our teenagers safe in the digital age
- Session 8 - Building strong families

### When?

Tuesday 7th March-Tuesday 9th May (8 weekly sessions)  
6pm-8pm  
The Quad Green Wrythe Lane Carshalton  
SM5 1JW

### What shall I do next?

Contact the parenting team on [parenting@sutton.gov.uk](mailto:parenting@sutton.gov.uk) to book your space, or scan the QR code below 😊



